

# WEEK 1 MENU

W/C: 08/01 22/01 05/02 26/02  
11/03 25/03



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN DISH 1

Chilli non Carne  
with Wholegrain Rice  
and Crispy Tortilla



Beef Lasagne  
with Garlic and  
Herb Bread



Roast Chicken  
with Roast Potatoes  
and Gravy

West African  
Vegetable Jollof Rice  
with Broccoli & Sweetcorn



Breaded Fish Fingers  
or Jerk Chicken  
with Chips

### MAIN DISH 2

Chinese Stir Fry  
Vegetable Noodles



Veggie Sausage Pasta Bake  
with Garlic and Herb Bread



Jacket Potato with Salmon  
Mayonnaise



Vegetable Pastry Roll  
with Roast Potatoes  
and Gravy



Macaroni Cheese  
with Broccoli  
and Sweetcorn



Veggie Burger in Bun  
with Chips



### SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette



### VEGETABLES

Carrots  
Peas

Sweetcorn  
Green Beans

Cabbage  
Carrots

Broccoli  
Sweetcorn

Baked Beans  
Peas

### SALADS

Pasta Salad, Carrot,  
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,  
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,  
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,  
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,  
Cucumber, Lettuce

### DESSERT

Organic Yoghurt  
& Fresh Fruit Slices



Organic Yoghurt  
& Fresh Fruit Salad



Organic Yoghurt  
& Fresh Fruit Bowl



Organic Yoghurt  
& Fresh Fruit Salad



Organic Yoghurt  
& Fresh Fruit Slices



Orange Drizzle Slice  
with Fresh Fruit



Chocolate Sponge  
with Chocolate Custard

Cheese & Biscuits  
with Fresh Apple Slices



Pineapple Upside Down  
Cake with Custard

Shortbread  
with Vanilla Ice Cream

Water, Organic Milk & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance.

Vegetables & Fruit are subject to seasonal variation. Menu is subject to availability and individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

**VE** Vegan



AUTUMN/WINTER  
2022



# WEEK 2 MENU

W/C: 15/01 29/01 19/02  
04/03 18/03



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN DISH 1

Cheese and Tomato Pizza  
with Potato Wedges



Spiced Beef Pie  
with Mash Potato  
& Gravy

Roast Turkey  
with Roast Potatoes  
and Gravy

Raheem's Caribbean  
Chickpea Curry  
with Wholegrain Rice



Southern Fried Chicken  
Goujon Or Fish Fingers  
with Chips

### MAIN DISH 2

Vegetarian Cottage Pie  
with Gravy



Stir Fry Vegetable Rice  
with Carrots & Peas



Cheesy Leek & Carrot Crumble  
with Roast Potatoes & Gravy



Vegetable Lasagne  
with Garlic and Herb Bread



Crispy Quorn Nuggets  
with Chips



### SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette



### VEGETABLES

Sweetcorn  
Green Beans

Peas  
Carrots

Cabbage  
Sweetcorn

Broccoli  
Carrots

Baked Beans  
Peas

### SALADS

Pasta Salad, Carrot,  
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,  
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,  
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,  
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,  
Cucumber, Lettuce

### DESSERT

Organic Yoghurt  
& Fresh Fruit Slices



Organic Yoghurt  
& Fresh Fruit Slices



Organic Yoghurt  
& Fresh Fruit Bowl



Organic Yoghurt  
& Fresh Fruit Salad



Organic Yoghurt  
& Fresh Fruit Slices



Apple Crumble  
with Custard



Crunchy Chocolate Biscuit  
with Fresh Fruit Slices



Vanilla Sponge  
with Custard

Carrot Cake  
with Fresh Fruit Slices



Strawberry Ice Cream  
with Oat Cookie

Water, Organic Milk & Freshly Baked Bread available daily

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Vegetarian 
 Oily fish 
 Wholegrain 
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